

The Public Safety Group

Presents

“How to Save a Life: Yours!”

In conjunction with the Hopkinton Public Safety Communications

May 7, 2020

Instructor: Tracy Eldridge

Hopkinton Police Department

74 Main St.

Hopkinton, MA 01748

8:30-4:30

MA STATE 911 Approved

In this day and age heart disease, stroke and diabetes are not discriminatory however those that do not take care of themselves can find themselves in the front of the pack when it comes to SCA or CVA. Dispatchers for the most part live very unhealthy lives; we add unnecessary stress on ourselves and create our own negative environments. We eat unhealthy foods, drink unhealthy drinks, sit too long and put ourselves at risk for metabolic syndrome. The communications center is a breeding ground for many personality types and low morale. This class will share some life/health changing education and techniques to assist in the reduction of unnecessary medical issues, improve working relationship and improve morale.

COST: \$229 per person

The Public Safety Group

PO Box 1468, Wake Forest, NC 27588

Telephone (877) 794-9389 or Fax (239) 676-7468

Register on-line at www.publicsafetygroup.com

All major credit cards accepted

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Confirmation will be sent to email address or fax.